Filipino Psychology (Sikolohiyang Pilipino) – Structured Reviewer

Sikolohiyang Pilipino is the indigenous psychology rooted in Filipino culture, language, and lived experience. It studies Filipino behavior using Filipino concepts rather than Western frameworks. The discipline was pioneered by Virgilio G. Enriquez, recognized as the Father of Filipino Psychology.

Important Scholars and Contributions

Scholar	Contribution
Virgilio G. Enriquez	Father of Filipino Psychology; introduced Sikolohiyang Pilipino as a discipline.
Alfredo V. Lagmay	Reinterpreted Bahala Na as courage and risk-taking rather than fatalism.
Zeus Salazar	Identified the four filiations of Sikolohiyang Pilipino.
Frank Lynch	Discussed Filipino social values such as pakikisama.
Jose De Mesa	Defined loob as the core of Filipino personhood.
Leonardo De Castro	Interpreted loob as will and moral intention.

Core Concept: Kapwa

Kapwa means shared identity or shared self. In Filipino psychology, the self is not separated from others. Instead, identity is formed through relationships with family, community, and society.

Category	Meaning	Example
Ibang Tao	Outsider such as strangers or acquaintances.	Interactions are formal and cautious.
Hindi Ibang Tao	One-of-us such as family or close friends.	Interactions are warm and personal.

Important Filipino Values

Value	Meaning	Example
Hiya	Sense of shame or propriety guiding behavior.	Avoiding actions that embarrass family.
Utang na Loob	Debt of gratitude and reciprocity.	Returning a favor done by someone.
Pakikisama	Maintaining smooth interpersonal relationships.	Agreeing with group decisions.
Pakikiramdam	Sensitivity to others' feelings.	Understanding emotions without words.

Value	Meaning	Example
Bahala Na	Determination and courage despite uncertainty.	Facing difficult situations bravely.

Concept of Loob

Loob refers to the inner self or core of personhood. It includes intention, morality, and emotional life. Scholars describe it as the center of will, moral judgment, and personal integrity.

Scholar	Interpretation
Jose De Mesa	Loob is the core of personhood shaped by relationships.
Leonardo De Castro	Loob represents will, intention, and moral action.

Indigenous Research Methods

Method	Meaning	Example
Pakikipagkuwentuhan	Conversational storytelling.	Sharing life experiences with participants.
Pagtatanong-tanong	Casual questioning in everyday settings.	Informal discussions in communities.
Pakikiramdam	Sensing emotions and nonverbal cues.	Reading silence or hesitation.
Panununluyan	Researcher lives with the community.	Participating in daily community life.
Pakikipagkapwa	Treating participants as equals.	Building trust before collecting data.

Filipino vs Western Research

Aspect	Filipino Approach	Western Approach
Values	Kapwa, empathy, trust.	Objectivity and detachment.
Process	Flexible and immersive.	Structured and formal.
Researcher role	Co-participant.	Detached observer.
Goal	Community welfare.	Generalizable knowledge.

Quick Exam Summary

Topic	Key Idea
Kapwa	Shared identity connecting self and others.
Loob	Inner self and moral core.
Hiya	Sense of social shame or propriety.
Utang na Loob	Reciprocity and gratitude.
Pakikiramdam	Sensitivity to emotions and cues.
Pakikipagkuwentuhan	Conversational research method.